

# Sober & Strong Fitness

Saturday, October 17th

## 5K Run/Walk & 1 Mile Fun Run

8AM-12PM

Boundary Water Trails Douglasville, Ga

Join us to promote wellness and health in our community!

Awards presented for best overall, age groups.

5k Registration \$30 & Fun Run \$15

Contact Tara Nichols to register today!

\$5 off pre-registration before Oct. 7th

Includes recovery t-shirt while supplies last!

Register online at [www.nicholscenter.org](http://www.nicholscenter.org) or the attached form can be mailed to: Nichols Center 8729 S Flat Rock Rd Douglasville GA 30134

Phone 678-634-8989

**Race Start Times:** 8AM - 5K Trail Run 10AAM - 1Mile Fun Run

Packet Pickup and race day registration from 7AM-8AM

**Awards:** Overall male/female 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Overall Masters male/female, Best Costume

1<sup>st</sup> and 2<sup>nd</sup> Place age group awards 10-under/60+ in 10 year increments

Boundary Water Trails 5000 Georgia Highway 92 North/166 East,  
Douglasville, GA 30135

### Registration Form

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ M/F

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Estimated Finish Time: \_\_\_\_\_ T-Shirt Size: S / M / L / XL / XXL

Release: In consideration of this entry, I waive any and all claims for myself and my heirs against race officials, Nichols Center Inc., Douglas County Parks and Recreation, or any sponsor, for injury or illness that may directly or indirectly results from my participation in this event. I further state that I am in proper physical condition to participate in the event. Furthermore, I hereby grant my permission to be photographed for the use of promotion, news, and information.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian Signature (If under 18 years old): \_\_\_\_\_